
Alexander Centurion Eyre

Personal Information

Marital Status: Unmarried

Nationality: British

Age: 25 **Date of Birth:** 12/08/1996

Place of Birth: Solihull, West Midlands.

Occupation: Registered Mental Health Nurse & Cognitive-Behavioural Psychotherapist

N.I number: PB 26 52 72 A

Education

2007 – 2012

Tudor Grange Senior School, Dingle Lane, Solihull.

Qualifications:

Mathematics (C)	Level 2 certificate in nutrition and health (C)	
English language (C)	Literature (C)	Level 2 certificate of personal effectiveness (C)
Science (C)	Level 2 certificate in ICT (B)	
Religious studies (B)	Level 2 certificate in imedia (C)	
Database design & use (A)	Level 2 BTEC first diploma in Art & Design (A)	
Creating video (B)		

2012-2014

Tudor Grange Academy, Dingle lane, Solihull.

Level 3 BTEC Health and social care extended diploma (D*D*D*)

2014-2017

Birmingham City University

Frist Class - BSc hons Mental Health Nursing degree

2018-2018

University of Derby

Post graduate Diploma in Cognitive Behavioural Psychotherapy for Children and Young People High Intensity

2021-2022

University of Reading

Post graduate Certificate in CYP-MY Cognitive

Work/ Work Experience

2008 – 2012 Solihull Observer, weekly paper round

I deliver 128 papers every week on a Thursday evening customers pay for this and I am relied up on to be punctual and polite I have never missed a round

18th – 22nd July 2011

The Holiday Inn, Homer Road, Solihull

I have worked within the food and beverage department which involved me laying tables for dinners and breakfast and clearing tables restocking the fridge and handling customers. As well as other transferable skills.

April 2013 - 2016

Marie Curie Hospice West Midlands Solihull

As a volunteer at Marie curie hospice I was a member of the catering team and working on the wards with the patients serving them food and beverages working here has allowed me to develop transferable skills such as communication to consumers for example dealing with requests. Working as part of a team to ensure the best service is provided and being able to complete tasks to strict time limits.

2014-2017

Summary of RMN training

Acute inpatient experience, older adult dementia and frailty services inpatient and community services, crisis resolution and home treatment, Psychiatric liaison services, Community CAMHS services, inpatient community mental health rehabilitation services. These experiences were a part of my comprehensive nursing training allowing me to gain sufficient competencies in working in all above areas.

2017-2018

Inpatient older adult functional and organic assessment unit (BSMHFT)

Duties include providing nursing assessment of needs to support MDT planning of care, working collaboratively with OT's doctors and other agencies to support discharge planning. Implementing a holistic plan of care for individuals experiencing acute mental health crisis presenting with conditions such as Psychotic depression, psychosis, schizophrenia, severe depression, personality disorders, bipolar, severe anxiety as well as providing assessment for exploration of organic causes. My role included being nurse in charge and running a ward day to day for 20 patients both male and female and managing a staff team each shift.

2018-2019

Community Children and Adolescent Mental Services (BSMHFT)

Working as a Trainee Cognitive Behavioural Psychotherapist my responsibilities involved care co-ordination for a caseload of patients and using CBT treatment interventions to support the mental health recovery of young people experiencing Generalised anxiety, Social Anxiety, Depression, Obsessive Compulsive Disorder, Post-traumatic Stress disorder. As well as supportive individuals with traits consistent with emerging personality disorder and developmental trauma.

Part of my responsibilities were to conduct initial assessments of needs for CYP newly accessing the service. This involved compiling developmental histories, mental state examinations and using semi structured interviews and routine outcome measures to present a full holistic assessment summary. Signposting to other agencies for support and completing appropriate in service referrals for support.

2019-current.

Healios (various roles) Mental Health Team Manager, Clinical Nurse Specialist (Neurodevelopment), Cognitive Behavioural Psychotherapist

Working as a RMN and Accredited CBT therapist I have been responsible for conducting initial mental health assessments for children, young people and adults ranging from 6-25 years of age. Providing CAMHS assessments and recommendations for further neurodevelopmental assessment or for appropriate ongoing treatment support for the presenting mental health

difficulty. I also provide evidence based Cognitive Behavioural Psychotherapy for a range of complex and comorbid mental health presentations.

I trained in the use of diagnostic interview tools such as the ADI-r, ADOS-2 and RAADS tools working within a MDT ND team gathering and analysing information to draw a diagnostic conclusion for autism assessments.

Managing and providing clinical supervision to a team of clinical psychologists, CBT therapists, registered nurses, social workers and occupational therapists. I also had responsibilities for pathway ways and service development.

2019-current

Clinical Specialist Cognitive Behavioural Psychotherapist (Level Headz)

Working in private practice specialising in adapting CBT for individuals with comorbid or complex presentations such as Autism, ADHD, attachment and developmental coordination disorders. Supporting families with understanding and implementing changes following assessment and investigations.

Clinical Nurse Specialist (Mental Health and Neurodevelopment)

providing specialist psychological assessments and conducting autism diagnostic assessments with a MDT team. Offering adjustment work for newly diagnosed individuals and post diagnostic interventions for autism and ADHD.

Personal Statement

I have an excellent knowledge, understanding and ability to apply theory into practice which is demonstrated by my undergraduate nursing degree and having completed a Post graduate IAPT diploma as a high intensity CBT therapist. Within my CBT role, I have worked within community CAMHS services, working with children, adolescents and their families, as well as providing effective inter-agency partnerships with education and social systems to provide a systemic person centred approach. This has increased my capacity to handle systemic issues during therapy and developed my ability to apply a needs based intervention approach across a range of psychiatric difficulties such as depression, social anxiety, generalised anxiety disorder, health anxiety, trauma and PTSD, eating disorders, gender dysphoria, post diagnostic support for neurodevelopmental conditions and OCD as well as those that have needed Crisis and home treatment support. As a qualified and registered mental health nurse I have also been able to integrate my nursing knowledge of assessment and psychiatric difficulties into psycho-education and other areas of CBT treatment. Part of my role has included providing in depth health and social care assessments and triage for initial assessments of needs creating a plan of care for support within a stepped care model service.

My nursing career aided me in developing competency in skills such as conducting in-depth risk assessments, full health and social care assessments (including developmental histories), and therapeutic skills in managing anxiety, depression, hearing voices, building resilience and coping strategies, self-harm and suicidal ideation management. Further to this, I have experience in developing comprehensive holistic care plans with person centred interventions. I held a shared responsibility for developing "anxiety management structured CBT group intervention for individuals aged 19-55" whilst working within an inpatient environment supervised by a clinical psychologist. This enabled me to work within a shared recovery model recognising the impact of shared experience and peer support on recovery. My passion is to support those with psychological needs and training as a CBT therapist has enhanced by my nursing skills in tailoring interventions to meet individualised and adapted methods of delivering therapy for example when working with individuals with co morbid neurodevelopmental conditions such as Autism and understanding how

to change and adapt my communication as well as the median of therapy delivery to produce effective applications of change and psycho-education. My passion is to support those with difference and I find working with individuals that have a confirmed or suspected neurodevelopmental condition rewarding. Due to showing an interest in adapting intervention to meet neurodevelopmental difference I have been able to gain more in-depth understanding on the range of challenges such as social communication and repetitive behaviours. Knowledge and understanding of the diagnostic assessments as well as the NICE guidelines around neurodevelopmental diagnosis has been essential in aiding my understanding and recognising individuals needs and referring for appropriate assessments and interventions.

My core nursing experience has supported me in understanding the importance of the therapeutic relationship and how to manage any therapeutic drift in both assessment and therapy sessions. Recognising non-verbal cues and behaviours to bring awareness of this in a non-judgemental way that support the growth and development of a congruent and honestly open environment which has proven to me to be the most effective aspect of achieving the greatest potential of sustained change.

I have gained experience of working within crisis and urgent care services and within psychiatric liaison services. Whilst working in this service I developed many transferable skills in managing difficult situations calming and in dealing with individuals with acute psychiatric needs. Working with other agencies such as the police, social services and early help to increase support around times of crisis ensuring a thorough crisis care plan is supported in order to safeguard vulnerable individuals. Thus demonstrating my ability to work as part of an adaptable team model working in a flexible way to meet the needs of patients.

In a previous role as a student academic partner I was responsible for delivering training in relation to communication skills and person centred approaches to dementia. Furthermore, I provided training in how to follow NICE/best practice guidelines for student nurses, which achieved NMC recognition as practice placement hours for nurses in training with Birmingham City University. These roles have given me confidence with team working and self-management skills and has allowed me to integrate quality within a team and understand colleagues' strengths. All of this ensures we work in a way that supports patients to get the best out of our services. As well as skills in providing lectures and clinical supervision to support nurses to enhance and develop skills and clinical practice.

References

Available on request

